

JANUARY 2024

CAMBRIAN

NEIGHBORS

Meet the
*Linford*s

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COMMUNITY CENTER

JCC Los Gatos
Danielle Patterson
408-357-7429
apjcc.org

JCC Los Gatos is your neighborhood community center, welcoming people of all faiths and backgrounds and specializing in a wide range of total health and lifestyle programs for people of all ages and abilities.

We are powered by Jewish Silicon Valley, a non-profit that ensures a vibrant Jewish community and promotes the well-being of all people by providing visionary leadership, philanthropic support, meaningful programs and experiences rooted in Jewish values and traditions. Follow us @JCCLOSATOS.



Belinda Yamashiro

COOKING CLASSES AND PARTIES

Taste Buds Kitchen
408-784-3000
Tastebudskitchen.com/san-jose-south

I have always loved spending time in the kitchen and sharing great food with friends and family, and I am thrilled to be able to share my passion for cooking and baking with the kids, adults and families in the San Jose community, and hope to inspire others to do the same! After all, the kitchen is the heart of any home and how better to show others you care about them than making them something mouth-wateringly amazing?! My culinary crew and I look forward to seeing you in our kitchen and creating delicious, fun-filled memories!



Dr. Bradford Perkins, MD

FAMILY MEDICINE

Dr. Bradford Perkins, MD
408-378-1101
bradfordperkinsmd.com

I have been a family physician for almost 20 years. Being able to help patients and their families over the long term was something I truly enjoyed, so I chose this field in order to focus on improving lifestyle and wellness, help families through tough times and celebrate life's milestones. I am a concierge family medicine doctor here in Los Gatos and also offer a weight management program and a wellness suite that incorporates the latest technology to help with muscle strength, fat burning and pelvic floor health.



Dr. Raman Nazari

GENERAL AND COSMETIC DENTISTRY

Raman Nazari, DDS
408-802-3298
www.ramannazaridds.com

Dr. Raman Nazari is passionate about educating his patients on how to achieve optimal oral health. As someone who believes in comprehensive dental treatment, he makes sure to customize each patient's treatments towards their own individual needs. Dr. Nazari is committed to continuing his education and staying informed with the newest techniques and technologies in order to provide the best patient care possible. He is also a current faculty member at UCSF School of Dentistry, where he takes great pride in being able to pass down that knowledge to his students. Make an appointment today to see how his practice is devoted to restoring and enhancing the natural beauty of your smile!



Mike Potenza

HEALTH & FITNESS / GYM

Mike Potenza and Dan Waters-
SPENGA Los Gatos
408-539-RIDE (7433)
info@spengalosgatos.com
www.logatosca.spenga.com

Mike has been in the performance enhancement industry for 20+ years working with athletes and clients ranging from professional to military to youth sport. Mike currently serves as the president of the Strength Coaches Association of Professional Hockey and is the Director of Strength and Conditioning for the San Jose Sharks Hockey Team.

Dan is a former collegiate swimmer & water polo player. Dan has devoted his career to bringing to market disruptive products and quickly growing revenue for companies Samsung, xnor.ai, Apple, and Siri.

Both families work in Los Gatos, are part of the community, and are proud owners of Spenga.



Dan Waters

HEALTH AND WELLNESS

Los Gatos Chiropractic and
Wellness Center
Juliet Tablak
408-891-8222
Email Address: info@logatoswellness.com
www.logatoswellness.com



Dr. Juliet Tablak

Dr. Juliet Tablak, D.C. is a chiropractor and functional medicine practitioner. She specializes in individual health care for women and has a passion for working with women who are struggling with hormonal imbalances from PMS through menopause; including infertility, pregnancy, and postpartum care. Dr. Tablak is the owner of Los Gatos Chiropractic and Wellness Center, a multidisciplinary women's health clinic, in Los Gatos.



Sydney Bates

OCCUPATIONAL THERAPY

Grow Beyond Services
408-834-0018
Growbeyondservices.com

Grow Beyond has a dual mission of providing both pediatric and maternal health occupational therapy services in order to improve continuity of care and quality of life for women and children across the lifespan. We understand that while parenthood can be a new and exciting experience, it can also be difficult and overwhelming, which is why we are here to help. We believe that when parents thrive, children thrive. And when children thrive, families thrive.



Rebecca Mendez

NON INVASIVE COSMETIC ENHANCEMENTS WITH BODY SCULPTING

Narvica Beauty Care
contact@narvica.com
www.Narvica.com

Narvica Beauty Care offers more affordable treatments than your typical cosmetic procedures with an option to book now and pay later with AfterPay. Procedures are non-invasive, with no needles or pain, and there is no downtime – results are seen after one session. We offer treatments to reduce fat and look/feel more tone and physique. The best results occur with protocol like diet, exercise, and water intake – it's so easy!



Jameson Elam

PEST CONTROL

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and Pest Inc.
408-418-5278
goldstandardtermiteandpest.com

After eight years in the business, Jameson Elam decided in September 2020 to venture into owning and operating his own business. He now has the opportunity to mold his services into exactly what a customer is looking for and offer a warranty that includes the most amount of services as a standard for each client. "Service at a level you deserve" is more than just his tag line, it's the foundation his business is built upon because he truly believes everyone deserves the best.



Alex Bouja

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"The quintessential advocate every buyer or seller wants and needs," Alex Bouja relies on his wealth of market knowledge, high standards of excellence, and keen negotiating skills on both sides of the table to consistently achieve success for his clients. Backed by the resources of Golden Gate Sotheby's International Realty, this Bay Area native strategically navigates his clients from the initial consultation and market preparation to negotiations and the sale.



Mark Shaheen

RESIDENTIAL MORTGAGE/ LENDING

Wells Fargo Home Mortgage
Mark Shaheen
408-608-4422
mark@wellsfargo.com
www.markshaheen.com

Mark joined the Wells Fargo Home Mortgage Team in 2007. He has 25 years of experience in all areas of mortgage financing and closing loans. Mark grew up in Cambrian, and now lives in Los Gatos with his wife and three sons. Mark truly understands your financial needs and has the knowledge and resources that will allow you to obtain a mortgage that is right for you.



Joe Andrews

ROOFING

Master Craft Roofing
Joe Andrews
209-214-5138
mastercraftroofs.com

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Leona Stephenson

SKIN CARE & HAIR REMOVAL

Vivid Brows and Skin
Leona Stephenson
408-755-0102
www.vividbrowsandskin.com

I started my career in esthetics in Arizona 14 years ago before my family and I moved to San Jose. Vivid Brows and Skin has grown from a solo esthetician with one room to now a beautiful, 1000 sq. ft. space with a growing team of awesome humans! We are a local skin care and waxing business that offers customized skin treatments and hair removal for both men and women. Whether you need brow shaping, acne treatment, or want to indulge in a relaxing facial, we have you covered with our team of licensed professionals! We are celebrating six years here in the bay area, and we can't wait to help you with all of your skin care needs!



Kristina Williams

YOUTH SPORTS AND RECREATION

Los Gatos Elite
Kristina Williams
408-596-2590
kristina@logatoselite.com
www.logatoselite.com

Kristina is a Cambrian native and proud owner of Los Gatos Elite. She has been in the youth sports industry for over 25 years and loves helping children and families through sports. As a mom of four, wife and active member in her community she knows how important making meaningful connections in her community is. Kristina loves to share her experience as a coach, mom, and business owner.

CAMBRIAN NEIGHBORS

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Would you like to be a part of Cambrian Neighbors? Do you have an adorable pet, community event, recipe, or sports team you would like featured? Do you have any feedback or just want to say hello? Then we would love to hear from you! Please email stephanieking@bestversionmedia.com with all your Cambrian Neighbors content!

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We are on Instagram!
[cambrianlivingandneighbors](https://www.instagram.com/cambrianlivingandneighbors)

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|| LETTER TO RESIDENTS ||

Dear Cambrian Community,



Michele Anderson

Founding Publisher of
Cambrian Neighbors &
Cambrian Living

Happy New Year! As we embark on the exciting journey that is 2024, it's hard not to reflect on this past year. Each year seems to slip away in the blink of an eye, and yet, here we are, ready for the adventures that the new year holds.

I'm thrilled to share a change that has been on my mind for quite some time. Our journey began in 2020 with the launch of "Cambrian Living." It was a magazine born out of the recognition that, now more than ever, our community needed a platform to come together. The positive response from our neighbors and local businesses was overwhelming.

A year later, we introduced "Cambrian Neighbors" to further connect with our community. While the magazines had different people on the covers and perhaps slightly varied content, they essentially celebrated the same spirit.

As we step into this new year, we've decided to consolidate the people featured on our magazine covers. It's time to showcase the same incredible individuals and families in our community on the cover of both magazines. You might not notice a drastic change, or even have known that there were two magazines but this adjustment allows us to feature the stories of those who make our community extraordinary, all in one place.

To kick off this new chapter, we're delighted to introduce you to an adorable family gracing our cover. Their story marks the beginning of our consolidated approach, and we're eager to share more captivating moments from our very special community.

Here's to a fantastic new year filled with shared stories, connections, and the magic of our community. We can't wait to capture and celebrate many more moments together.

Wishing you all a wonderful and joyous New Year!

Warm regards,

Michele Anderson

Michele Anderson

Founding Publisher of Cambrian Neighbors Magazine & Cambrian Living Magazine

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Meet the *Linfords*

BY **STEPHANIE KING**
COVER PHOTOS BY **DANNY B. ACEVEDO, DBAPIX**
AND SUBMITTED BY THE FAMILY



Not all happily ever afters begin with a meet-cute as Hollywood would have us believe. Sometimes they start with an Economic class in Utah! As Rachael Linford describes it “who would have guessed learning about Supply and Demand could be so romantic!” It was in that classroom at Brigham Young University where Rachael and Aaron first met and their happily ever after began.

In 2014 Rachael and Aaron were married at the Oakland California Temple of the Church of Jesus Christ of Latter Day Saints. Both

Linfords graduated from BYU with degrees in accounting and started careers in the Bay Area—Aaron with a Bay Area tech company and Rachael with Apple. As the couple started having children Rachael realized her true calling was to care for her family. She currently stays at home with her kids full time.

The Linford family consists of Rachael, Aaron, Lily (age 5), Clara (age 3), and twin girls due February/March! Oh, and an eight year old Cavalier King Charles Spaniel named Penny who is Aaron's constant shadow and Lindford's first “baby.”

continued on pg 6

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continued from pg 5

Lily finished her first season of soccer with Los Gatos United Soccer (go team Green Unicorns!) and has also participated in Los Gatos Ballet's Spring performance of Peter and the Wolf. She is currently in kindergarten and loves school.

On February 2nd, 2022, a then infant Clara was diagnosed with Rett Syndrome. Of the experience, Rachael states "Clara was born a sweet girl who was meeting all her milestones for the first several months of her life. Once she was on the cusp of walking and talking, she started to regress and lose those abilities. On February 2nd, 2022 Clara was diagnosed with Rett Syndrome. This will be a date our family will always remember. Rett syndrome is a rare neurological disorder affecting primarily girls and often does not present itself until the ages of 1-2 years old. It can be described as having symptoms of Autism, Cerebral Palsy, and Epilepsy."

Some families might let this diagnosis ruin them. But not the Linfords. Clara's diagnosis was the catalyst to support other families affected by Rett Syndrome. "Currently our family organized a 5K/Stroll here at Vasona Park allowing families throughout Northern CA affected by Rett Syndrome to gather with the community," Rachael states. "The 5K was a fun event with lots of friendly competition and a wonderful feeling of hope for the future. We were able to raise more than \$60K for research toward a cure which is getting closer with each year! Clinical trials are underway for Children with Rett syndrome! We are extremely optimistic that there will be a cure for Rett Syndrome in Clara's lifetime. We feel a great responsibility to support the research and science!"

Aaron and Rachael are dedicated to doing whatever it takes to help Clara thrive. She attends therapy to help strengthen her muscles and aid in her development. She also attends a specialty program at Noddin Elementary School where she is supported by teachers, aides, and therapists. But perhaps her biggest supporter is her older sister Lily, who cheers her sister on at every milestone!



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During their free time the Lindfords are actively involved in their church. They have found that their faith has given them strength and guided them through even the toughest of times. Aaron also is an avid reader/Audible listener and loves to tune in when he takes Penny on runs. He also is an excellent racquetball player and even taught the sport in college. Rachael enjoys hiking, jogging, and skiing (when not pregnant) and rooting on the San Jose Sharks. As a San Jose native, she has fond memories of attending the games. Nostalgia is what keeps her coming back to the SAP center for games, even during those rough seasons.

The Lindfords moved to the Carlton neighborhood eight years ago. They fell in love with the tree lined streets and enjoy raising their kids near the neighborhood where Rachael grew up. They were also delighted to find a community full of support and love. Of their neighborhood, Rachael writes "we love our neighbors and are grateful for the love and support given to our family over the years."



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JANUARY

|| CALENDAR OF EVENTS ||

EVERY FIRST AND THIRD TUESDAY

LOS GATOS TOWN COUNCIL MEETING

@Town Council Chambers
110 E. Main Street
Los Gatos, CA 95030
Time: 7pm-8pm

Come support your community and let your voice be heard! Meetings are open to the public. Information about upcoming meetings can be found at www.LosGatosCA.gov

EVERY THURSDAY FAMILY STORY TIME

@Cambrian Library
1780 Hillsdale Ave
San Jose, CA 95124
Time: 11:00am-11:30am

Come participate in early learning activities (specifically for ages 0-5yrs) such as songs, stories, movement,

rhyme, and finger play! Parent/ caretaker attendance is required. Masks are suggested for ages 2 and up.

EVERY SUNDAY

LOS GATOS FARMER'S MARKET

@Downtown Los Gatos
Town Park Plaza on Main St
& N. Santa Cruz Ave
Time: 9:00am to 1:00pm
Enjoy a day in downtown Los Gatos and support 40+ farmers, vendors, and local businesses at the Los Gatos Farmer's Market.

SUNDAY, JANUARY 21ST FANDOM SWAP

@Cambrian Library
1780 Hillsdale Ave
San Jose, CA 95124
Time: 2:00PM-4:00PM
Bring your clean, gently used fandom

merchandise (PG-13 and under please) for a community swap event! Keep your items out of a landfill and pick up a few new trinkets. The Fandom Swap meets every third Sunday, on level 1 under the stairs.

THURSDAY, JANUARY 25TH DE ANZA COLLEGE BLOOD DRIVE

@De Anza College
21250 Stevens Creek Blvd
Campus Center Conference
Rooms A and B
Cupertino, CA 95014
Time: 10:00AM-4:00PM

Book an appointment and help save a life by donating blood this year! Free parking at De Anza College. Space is limited, so make sure to schedule an appointment! More information can be found at <https://sbcdonor.org/>

SUNDAY, JANUARY 28TH PAWS AND PLAY

@San Jose Womens Club
75 South 11th Street S
San Jose, CA 95112
Time: 3:00pm-7:00pm

"Come out for a fun night of entertainment and friendly competition playing board games, benefiting 13th Street Cat Rescue, a non-profit organization dedicated to providing care and finding forever homes for cats in need. Doors open at 2 pm and the board gaming begins. During the event, you can meet some of the kittens and cats available for adoption. The event is free, but we are asking for reservations to plan attendance and we hope you will donate \$20 or more to benefit 13th St. Cat Rescue. See you there!"



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INVESTING IN YOUR HEALTH: THE ULTIMATE NEW YEAR'S RESOLUTION

BY DR. BRADFORD PERKINS | TRANSFORM WELLNESS CLINIC



Welcome to the New Year! As we bid farewell to the old and usher in the new, it's the perfect time to reflect and set intentions for the year ahead. While some might focus on career or personal development goals, there's one area that trumps all: your health. This year, let's shift our New Year's resolutions from fleeting fads to lasting investments in our health. After all, what could be more valuable than a healthier, happier you?



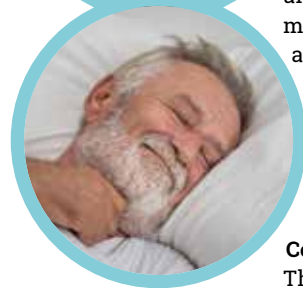
Your health is your wealth. It's the foundation upon which all other aspects of life are built. When we're healthy, we're more productive, happier, and better equipped to face life's challenges. And yet, health often takes a backseat in our busy lives. The New Year presents a perfect opportunity to bring it to the forefront.

PHYSICAL HEALTH: MORE THAN JUST EXERCISE

Start with Realistic Fitness Goal - Committing to an exercise routine is fantastic, but it's important to be realistic. If you're new to exercise, start with achievable goals like a 30-minute walk daily, gradually increasing intensity and duration.



Revamp Your Diet - Nutrition plays a crucial role in physical health. This doesn't mean drastic diets that are hard to maintain. Instead, focus on incorporating more whole foods like fruits, vegetables, whole grains and lean proteins into your diet.



Prioritize Sleep - A good night's sleep is crucial for health. Aim for 7-8 hours of quality sleep per night. Consider a bedtime routine that promotes relaxation, like reading or meditation.

Consider a Personalized Medicine Membership - The key benefits to personalized, or concierge,

medicine are timely access, longer appointments, and a focus on personalized prevention and wellness.

MENTAL AND EMOTIONAL HEALTH: THE SILENT PILLARS

Practice Mindfulness - Incorporate mindfulness practices such as meditation, tai chi or yoga into your routine. These practices reduce stress and improve overall well-being.

Seek Balance - Find a balance between work, social life, and personal time. Remember, it's okay to say no to overcommitments.

Foster Positive Relationships - Invest in relationships that bring joy and let go of those that drain your energy.

MAKING RESOLUTIONS STICK

Set SMART Goals - Specific, Measurable, Achievable, Relevant, and Time-bound goals are more likely to be achieved.

Track Progress - Keep a journal or use apps to track your progress. Celebrate small wins to stay motivated.

Be Flexible and Patient - Understand that progress takes time. Be flexible in your approach and patient with your progress.

CONCLUSION

This New Year, let's redefine our resolutions by investing in our health. It's a gift that keeps on giving, impacting every aspect of our lives positively. Remember, the journey to better health is not a sprint; it's a marathon. So, set realistic goals, stay consistent, and be kind to yourself along the way. Here's to a healthier, happier you in the New Year!

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CONSIDER SAVING A LIFE THIS JANUARY DURING NATIONAL BLOOD DONOR MONTH

BY STEPHANIE KING

January is often the month to rest and reset for the coming year (and give your wallet a break after all the holiday festivities!). Usually during this month, people shop less, eat out less, and surprisingly donate blood a lot less. Despite January being the slowest month for blood donations, the need for blood is still as high as every other month. That's why January is National Blood Donor Month, to help usher in donors and ultimately save more lives.

According to the Red Cross, every two minutes someone in the United States needs a blood or platelet transfusion. Often those in need require up to 100 units of blood during a single transfusion. Upwards of 29,000 units of blood, 5,000 units of platelets, and 6,500 units of plasma are needed daily across the country. The average donor can give up to 3 units of blood a session, meaning nearly 10,000 people would need to donate blood every day to meet the country's demand.

Those who benefit from blood donations include cancer patients, people with anemia, people who have recently given birth, and surgery patients (www.biobridgeglobal.org). Globally the statistics for blood donations vary. Developed countries use roughly 70% of blood for people over 65, while developing countries use over 50% of blood for children under five.

Most people are eligible to donate blood, and the process is often quick and painless! One pint of blood is taken per session, and those over 19 can donate every 56 days. Those ages 16-18 can donate as well but need to wait six months between donations. Side effects are minimal and often





prevented by drinking juice and/or eating a sugary snack after (perfect excuse for a cookie!). Stanford Blood Center recommends donors wait a few days before flying, scuba diving, or partaking in any strenuous exercises after a donation.

Although I personally am unable to donate blood due to anemia, blood donations are something near and dear to my heart. Thirty years ago, my cousin needed extensive surgery to save his life. Unfortunately, he had a rare blood type, and his body would reject blood from most donors. Without hesitation, my mom, who spent years working in the medical field, flew to Los Angeles to donate as much blood as she could in preparation for my cousin's surgery. You see, my mom also has the same rare blood type as my cousin, despite not being related to him by blood. As a young girl, I remember being in awe of my mom and her willingness to help save my little cousin's life. Now my cousin is healthy, happy, and an amazing professor at an Ivy League college.

Blood drives are happening almost daily across Santa Clara County. To find a blood drive near you and book an appointment, please visit <https://www.redcrossblood.org/give.html/find-drive> or <https://stanfordbloodcenter.org/donate-blood/appointments/donation-center-locations/>. You can also check out the calendar in this magazine for an upcoming blood drive.



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Helping Women in Tech Learn to Play the Leadership Game & Win the Rewards They Deserve

Are you ready to start playing by your own rules, be heard, and respected for your expertise? Being a woman in tech is challenging, with many feeling undervalued and overlooked. During my 23 years as a leader in tech, including as the former VP of Software Engineering at Tile, I've seen these challenges firsthand. Now, I'm dedicated to coaching women leaders to thrive in tech. Ready to redefine your tech journey? Schedule a 45-minute discovery call with me. Book at bit.ly/meetjossie or DM on LinkedIn. Let's shape the future together.

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FLANK STEAK WITH CILANTRO SAUCE

BY MICHELE A.

A family favorite recipe from the owners of Prolific Vines. They say it pairs nicely with Cabernet Sauvignon and on top of Dutch Crunch bread.

MAKES 3 TO 4 SERVINGS

- 1½ pounds flank steak
- 2 garlic cloves, thinly sliced lengthwise
- 2 tablespoons olive oil
- ½ cup dry red wine, preferably Merlot
- 2 loaves fresh flatbread, warmed in the oven

CILANTRO SAUCE

- 1 cup coarsely chopped fresh cilantro
- 1 tablespoon Worcester sauce
- 1 cup olive oil
- 1/2 very finely minced red onion
- salt and freshly ground black pepper to taste



Place the flank steak in a large dish. Combine the garlic, olive oil, and wine and pour over the meat. Let marinate at room temperature for at least 30 minutes or overnight in the refrigerator.

TO MAKE THE SAUCE, combine the ingredients and let sit at room temperature for at least 30 minutes.

Prepare the grill.

Remove the meat from the marinade and grill over hot coals until done to your liking (about 10 minutes for rare), turning the meat once while cooking.

Remove the meat from the grill and slice diagonally, against the grain.

To serve, place half a warmed flatbread on each plate and cover with overlapping slices of meat. Drizzle with the cilantro sauce.



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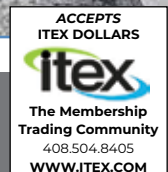
Dr. Nazari is a compassionate and energetic dentist who believes in comprehensive dental treatment. He is always inspiring his patients to take steps to achieve optimal oral health through education and customized treatments towards their individual needs.



Dr. Nazari is a native of San Jose and attended Leland High School. After completing his undergraduate studies from University of California Merced, he then attended Columbia University to pursue his Master of Public Health degree in Epidemiology, and soon after went on to earn his Doctor of Dental Surgery degree from the University of California San Francisco.

Dr. Nazari is a former faculty member at UCSF School of Dentistry, where he loved to pass down his knowledge to current students. In order to gain more experience and broaden his knowledge, Dr. Nazari is committed to taking continuing education and staying up to date with the latest techniques and technologies in order to provide the best patient care possible. He is also an active member of the American Dental Association, California Dental Association, Santa Clara County Dental Society, and the American Academy of General Dentistry.

Dr. Nazari's favorite part about being a dentist is forming quality relationships that are based on integrity and putting the patients' best interest at heart. In doing so, he listens to his patients concerns and goals in order to develop a comprehensive treatment plan and includes his patients in the education and decision-making processes.



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SADIE SLAUGHTER: NAVIGATING THE COURTS AND CLASSROOM

BY MICHELE ANDERSON

Met Sadie Slaughter, a 16-year-old basketball enthusiast with a passion for both the game and academic success. Currently a junior at Prospect High School, Sadie has been dribbling on the court since the tender age of 8, showcasing her skills in basketball and field hockey at the high school level. Her sporting repertoire extends beyond the hardwood, including soccer, softball, flag football, and even jujitsu.

For Sadie, basketball is more than a game; it's a pathway to college athletics. As she eyes a future playing college basketball at a high level, Sadie acknowledges the intricate dance of balancing sports, academics, and a social life. Prioritizing her time effectively, she navigates the challenges, aiming for excellence both on and off the court.

Raymond Townsend's advice, "Don't let anyone be bigger than yourself," resonates deeply with Sadie, shaping her mindset and approach to the game. She thrives on the competition, relishing the physicality and fast-paced nature of basketball. Before hitting the court, Sadie finds solace in her pregame ritual – a blend of music and lucky socks, setting the stage for her athletic prowess.

Beyond basketball, Sadie enjoys downtime with friends, music, and building things. As a student-athlete, she values the lessons learned through teamwork – conflict resolution, leadership, and effective communication.

A coach's wisdom, "failure is a roadblock on your journey to success," has become a guiding principle for Sadie. Embracing setbacks as stepping stones, she views challenges as opportunities to grow and improve.

Reflecting on a past mistake – not getting back on defense due to exhaustion – Sadie transformed it into motivation. Committing to extra workouts on her treadmill and court sprints during downtime, she's determined to enhance her fitness and avoid repeating past errors.

In the midst of her athletic journey, Sadie expresses gratitude for the opportunity to share her story. As she dribbles towards her dreams, this junior athlete exemplifies resilience, determination, and a commendable commitment to both her academic and athletic pursuits.



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